

# **LOWER YOUR CHILD'S BLOOD LEAD LEVEL**

- KEEP YOUR HOME CLEAN BY USING AN ALL-PURPOSE CLEANER



EXAMPLES: Spic'n Span, Mr. Clean, Pine Sol

**CLEAN:** Floors, Window Wells & Sills, Walls, Woodwork, Porches

- WASH HANDS WITH SOAP AND WATER



**Before Snacks & Meals, After Playing Outside, Before Naps/Bedtime**

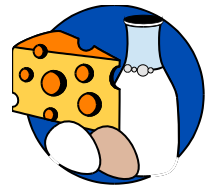
- KEEP TOYS CLEAN. WASH TOYS WITH SOAPY WATER IN THE BATHTUB OR WASHING MACHINE



- KEEP CHILDREN OUT OF THE DIRT & DO NOT LET YOUR CHILD EAT PAINTCHIPS

**PAINTCHIPS & DIRT = LEAD**

- PROVIDE FOOD HIGH IN CALCIUM & IRON



**CALCIUM:** Milk, Cheese, Greens, Ice Cream

**IRON:** Beans, Pork, Chicken, Greens, WIC Cereals

- KEEP CHILDREN AWAY FROM HOME RENOVATION



MONROE COUNTY DEPARTMENT OF PUBLIC HEALTH  
CHILDHOOD LEAD POISONING PREVENTION PROGRAM  
(585) 753-5087